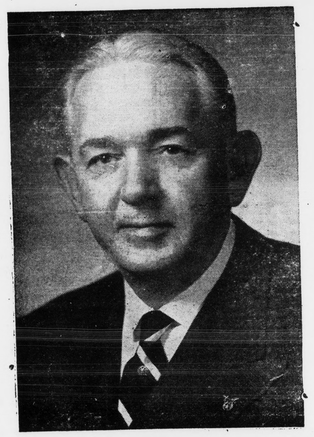
To The Voters of Appomattox County:

Next Tuesday November 5th, is a tremendously important day in Virginia

Go to the Polls and Vote the Democratic Ticket for the present

Democratic way of life in our Schools and State

J. LINDSAY ALMOND, Candidate for Governor



DEMOCRATIC INFORMATIVE BALLOT
TO KEEP OUR SCHOOLS AS THEY ARE AND
TO PRESERVE OUR STATE RIGHTS
Virginia General Election
TUESDAY, NOVEMBER 5, 1957

Vote For

X J. Lindsay Almond For Governor

X A. E. S. Stephens For Lieut. Governor

X Albertis S. Harrison For Att-General

X John B. Boatwright For House of Delegates

(Paid Political Advertisement)

On November 5th, a most important election, for Governor, Lieut. Governor and Attorney General for the State of Virginia and our member for the House of Delegates will be held.

If you want to help in every honorable and legal way to keep our schools as they are now and to especially help resist in every way possible federal encroachment on our States Rights and to help keep Federal power from taking our States Rights, as the Federal Government is doing in Little Rock Arkansas now, Vote in this election. We plead with the voters to vote for the following:

These four men are the nominees for the Democratic ticket. They are All honorably pledged to do everything in their power to help keep our schools as they are and resist every effort from any Government Court, Organization or class of people, that are trying to encroach upon or take away our States Rights.

If you expect to be away on Election Day on business or pleasure or if sickness will prevent you going to the polls to cast your vote in person, please be sure to vote by absentee ballot. We need every man that believes as we county officers do. Please call or write any of the following people and we will help you get an absentee ballot so your vote will count for the Democratic ticket and our present way of life.

POLLS OPEN AT 6:00 A. M.

POLLS CLOSE AT 6:00 P. M.

..WE URGE YOU TO VOTE NEXT TUESDAY..

C. T. MOSES
W. M. ABBITT,
GEO. F. ABBITT, JR.
C. W. SMITH
DAVID T. ROBERTSON
J. GARLAND PLUNKETT
J. P. O'BRIEN
CHAS. F. P. CRAWLEY
D. A. CONNER
F. L. MURPHY
O. W. MARTIN, JR.
R. M. WEBB

ewall

...Oct. 29.- We are surely ...ful weather for October ...it will turn warmer soon ...have more pretty fall

...Mrs. C. D. Carson spent ...the bedside of his ill ...Lula Morgan. She is ...this writing. She is in the ...Mr. and Mrs. W. G. Car...cock.

...Mrs. Colie Rock and ...spend this week-end ...parents in the Northern ...Va. We wish for them a ...there and back home.

...wall Home Demonstra... ...was represented at the ...Day program at Appo... ...Wednesday afternoon ...visiting members of the ...Wallace Bondurant, Mrs. ...and son, Mrs. C. M. ...Mrs. E. L. Chick, Mrs. P. ...and Miss Edna Adcock. ...a fine program.

...W. Paulette, of Drake's ...last week with her parents, Mr. and Mrs. C. M. Caldwell, and also visited Mrs. Margaret Caldwell and children at Concord.

Mr. and Mrs. Henry Beard and Lawrence and Mr. and Mrs. E. L. Chick motored over the Skyline Drive on Sunday, in celebration of Mr. Beard's birthday. Everywhere was lovely. Had some snow on the Drive.

We still have lots of flu and colds around us. Hope it will soon be all gone.

Mrs. Florence Carson has returned to Richmond after spending two weeks with Mr. and Mrs. C. M. Stratton.

Mrs. A. A. Babcock, of Appomattox visited her mother, Mrs. S. L. Scruggs and her sister, Mrs. W. R. Stratton last week-end.

Mrs. Tilden Lee spent last Monday in Lynchburg at the eye doctor's.

Mrs. Vinton Epperley and children, of Richmond spent part of last week with her mother, Mrs. J. H. Beard. Glad to know that Mrs. Beard is much better at this writing.

Sorry to hear that Mrs. Lyle Caldwell is back in the Richmond hospital for another operation. Let us all hope and pray that she will soon be better.

Mr. Gene Carson, of V. P. I., spent the week-end with his parents, Mr. and Mrs. E. W. Carson. He has just gotten over the flu, which made him very sick. We hope for this fine young man a speedy get well.

Mr. and Mrs. Lester Carson spent Sunday in Roanoke with Mr. and Mrs. Virgil Carson. Sorry to hear Virgil is on the sick list again.

Vera

Vera, Oct. 29.- "Be not deceived; God is not mocked; for whatsoever a man soweth , that shall he also reap." Galacians 6:7.

The farmers are almost through saving their crop. The hunting season will soon be here.

Mr. and Mrs. T. C. Harvey and Harriette visited in the home of Mr. and Mrs. L. H. Watson Saturday night.

Lieut. L. H. Watson, Jr., of New York visited his parents, for the week-end.

We were sorry to hear of the passing of Mr. Percy Reynolds.

Mrs. T. C. Harvey and Harriett and Mrs. Richard Carson were in Lynchburg Saturday.

Richwood

Richwood, Oct. 29.- "Behold, the righteous shall be recompensed in the earth much more the wicked and the sinner." —Proverb.

Mr. and Mrs. L. M. Ferguson and daughters, Jane and Judy spent Friday with Mr. and Mrs. T. T. Wooldridge.

G. P. Brannan and daughter, Georgie Belle were in Lynchburg on business Monday.

Mr. and Mrs. Victor Jones, of Newport News visited Sunday with Mr. and Mrs. D .A. Pugh and Mr. Marsh.

Miss Valera Brannan, who has had the flu, returned to school on Tuesday.

Colored Dots

The public is cordially invited to attend a special service at Galilee Baptist Church this Sunday at 8:00 P. M, for the benefit of the special Hayes Day program of the Virginia Seminary and College. The Reverends Charlie and Jammie Franklin, of Pamplin, and students of Virginia Seminary will deliver special sermons. Music will be furnished by the church choir.

The talent program of the Carver-Price P.-T. A. was enjoyed by all who attended last Monday at 7:30 P. M. Misses Elizabeth Johnson and H. B. Stephens represented the school and the following communities were represented: Cannan, Messrs. Winston Jones and John D. Johnson; Concord community, Ernest and James Calloway and James Jackson; Spout Spring community, Johnnie Paige, and Promise Land community, Lindsey Marshall.

Funeral services were conducted from the Galilee Baptist Church on Wednesday at 3 P. M. for the late Jake Wright, who died at his home here Sunday morning. The Rev. R. Q. Lawing officiated.

The St. Joy Baptist Church, of Buckingham has completed plans for the celebration of its anniversary on the second Sunday in Nov. at the 11:30 service. At the 3 P. M. service, the Rev. C. A. Marshall will be officially installed as its pastor. The Rev. Louis Jones, ot West Va., and his choir will conduct the entire service. Dinner will be served.

The Rev. R. Q. Lawing conducted the regular preaching service at the Jordan Baptist Church last Sunday morning. The church choir, under the direction of Mrs. Mattie West, rendered special music.

A large number of local teachers will attend the V. T. A. meeting in Richmond this Friday. Mrs. T. W. Hamlet will leave today as official delegate for the local association.

Mr. and Mrs. R. E. Patrick, Rev. and Mrs. F. D. Yates, Miss Brown, and Rev. and Mrs. R. Q. Lawing and deacon Charlie Walker were dinner guests of Miss Virginia Walker and her mother last Sunday evening, in Hixburg.

Health and Beauty

Obesity is defined as the presence of fat in the body beyond the amount necessary for the full physical and mental efficiency of the individual either during his normal activities or in emergency. Fat is stored, chiefly, in sub-cutaneous, intra-muscular, and perineal tissues. Fats are mobilized and deposited in the body to produce heat.

Many people ignorantly suppose that fat people are in good health. The contrary is true. Obesity often indicates that the body suffers from deficient oxidation. The intestinal toxins and food poisons interfere with the burning of fat in the body in exactly the same way that a clogged furnace prevents the proper combustion of coal.

When there is too much fat, instead of performing its proper role in the body it interferes with the secretions of the ductless glands, which play such an important part in the metabolism of the system.

The chief causes of obesity are overeating, too little exercise, and poisons. Retention of water gives the appearance of obesity.

The treatment is reduced food intake. Exercise is important.

A very important thing to remember is that fat combustion takes place only when the quantity of food eaten is below the body needs. For this reason, the amount injected must be below that which is necessary to maintain the body weight.

This may be accomplished by systematically eating less, and especially by cutting down on sweets, fats and starches to the lowest amount that is consistent with health.

Nothing should be eaten between meals, Eat a sufficient amount of protective foods. Enough protein provided to meet the loss resulting from reduction of the total food, which can be achieved by eating plenty of raw salads and raw fruits.

Constipation can be overcome by a proper diet.

The weight tables that have been published are generally unreliable because every human being is a law unto himself.

Foods taken in excess of the body needs acts like a drug and produces a craving for more food. The discomfort which results when the food-drug is withdrawn will disappear, if the reduced diet is followed for several days. The torpor following a heavy dinner illustrates the toxic action of over-eating.

Most Appropriate

Germans who can't eat all they order in cafes are told to pocket the left-overs. Blueberry pie goes best, probably, with a serge suit.
—Brooklyn Eagle.

Play safe — drive carefully.

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Now has 6 antacids giving more complete, longer-lasting relief from acid-upset stomach.
4¾ oz. 89¢
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Cara Nome COLOR SHAMPOO with Peroxide FREE!
BEAUTIFIES THE HAIR, COLORS, CONDITIONS. 15 LOVELY SHADES.
Both Reg. $1.50 NOW 1.25
BRING YOUR PRESCRIPTIONS TO US FOR PROMPT, DEPENDABLE SERVICE
LYSOL DISINFECTANT 6 ounces 59¢
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CARA NOME FAST PIN CURL PERMANENT For casual hair styles. Each reg. $1.50 ..... NOW 2 for 1.50
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SUPER PLENAMINS JUNIOR Multi-vitamins for children 6 thru 11...36's 1.79
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CHEVROLET
Trucks
1953 CHEVROLET 2 ton Truck. Splendid condition.
1950 CHEVROLET long wheel base, 2 ton truck, 2 speed, good tires, worth the money.
1950 CHEVROLET 1-2 ton tractor, saddle tank, fifth wheel.
1951 CHEVROET 2 ton tractor, 2 speed, saddle tank, fifth wheel. A real buy for anyone who can use a truck of this kind.
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1953 CHEVROLET 2 ton truck, 2 speed, long wheel base, body already on it. Will render extra good service for a wood hauler.
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1951 OLDS. Rocket 88, 4 door, sedan. Splendid buy for anyone needing the best of used transportation.
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1949 FORD Coupe, good runable car. We must dispose of this car.
1951 4 Door Fleetline CHEVROLET Sedan. Upholstry like new, new paint job. Will sell car at a reasonabe price.
1956 Super 88, 4 door OLDS Sedan. One owner, low milage. Will trade or sell at a bargain.
1952 PLYMOUTH, Runs like a Plymouth should. Will sell reasonable.
1950 HARDTOP CHEVROLET sport coupe, automatic transmission. Priced to sell.
1953 CHEVROLET, 2 door sedan, new paint job. Car is in excellent running condition, must be sold.
1953 CHEVROLET STATION WAGON. A real buy.
1950 88 ROCKET OLDS., 4 door sedan, Mechanical condition perfect. Appearence very good. Cheap price.
1953 CHEVROLET, 4 door sedan, one owner. Priced right.
1952 CHEVROLET, 2 door sedan, powerglide, one owner. priced to sell.
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